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### About Your EAP

The Employee Assistance Program (EAP) is a benefit set up by your employer to assist you in dealing with personal concerns that may affect your work or home life. Use of the EAP is confidential and free to you and your immediate family members.



Visit our website for more information:  
[www.paseap.com](http://www.paseap.com)

### More Sleep Tips

- **If you are not asleep after 20 minutes, then get out of the bed.** Find something else to do that will make you feel relaxed. If you can, do this in another room. Your bedroom should be where you go to sleep. It is not a place to go when you are bored.
- **Get up at the same time every morning**—even on weekends and holidays.
- **Keep a regular schedule.** Regular times for meals, medications, chores, and other activities help keep the inner body clock running smoothly.



### Sleep Well

According to the American Academy of Sleep Medicine, most adults need about seven to eight hours of sleep each night to feel alert and well rested during the day. Failing to get enough sleep can severely affect your health and performance.

Are you getting enough sleep each night? See how many of the signs below describe you. This will give you a good idea of whether or not you need more sleep.

#### Signs You Need More Sleep

- You're dependent on an alarm clock.** You should be able to wake up on time without a morning alarm. Hitting the snooze button a couple times before getting up is a clear sign of sleep loss.
- You're drowsy while driving.** Falling asleep at the wheel is a sure sign that you are too tired. It's also dangerous—drowsy driving is a common cause of deadly auto accidents.
- You're attached to the coffee pot.** A cup of coffee to start your day is fine, but you shouldn't have to drink coffee all day to stay awake.
- You're making mistakes.** It's harder to focus and concentrate when you are tired. You're easily distracted and you're less likely to catch and fix errors.
- You're forgetful.** Sleep loss may explain why you have a hard time remembering things. Sleep deprivation hinders short-term memory.
- You're cranky, snippy and irritable.** Being tired can have a negative effect on your moods. It makes you more likely to feel depressed, anxious and frustrated.
- You're frequently getting sick.** Without sleep your immune system is not at full strength. It's harder for your body to fight illness.



The American Academy of Sleep Medicine recommends following a regimen of “sleep hygiene” to help you stay healthy by keeping your mind and body rested and strong. Follow these tips to help you sleep better and feel your best:

-  **Make your bedroom quiet, dark, and a little bit cool.** An easy way to remember this: it should remind you of a cave. While this may not sound romantic, it seems to work for bats. Bats are champion sleepers. They get about 16 hours of sleep each day. Maybe it's because they sleep in dark, cool caves.
-  **Don't go to bed unless you are sleepy.** If you are not sleepy at bedtime, then do something else. Read a book, listen to soft music or browse through a magazine. Find something relaxing, but not stimulating, to take your mind off of worries about sleep. This will relax your body and distract your mind.
-  **Begin rituals that help you relax each night before bed.** This can include such things as a warm bath, light snack or a few minutes of reading.

## Eating Heart Healthy – You Can Do It!

Most of us know that a heart-healthy diet is low in saturated fat, high in fiber, and includes plenty of fruits, vegetables, whole grains and legumes. We also have heard that eating healthy polyunsaturated and monounsaturated fats protects us from heart disease by raising “good” HDL cholesterol.

Still, many of us find it difficult to eat fruits, vegetables and unsaturated fats as recommended because it seems like a boring chore with a tasteless outcome. But eating for your heart can actually be enjoyable. Try out some new recipes that are quick and easy from web sites such as [www.eatingwell.com](http://www.eatingwell.com) or purchase a new cookbook. Experiment a bit—your taste buds will love it and so will your health. Here are some ideas to get you started.

- Instead of cooking with butter, use olive oil.
- Eat dry roasted, unsalted nuts and seeds like almonds, walnuts, pecans, sunflower seeds and pumpkin seeds—add them to salads, yogurt, and baked goods or eat them as a snack.
- Try to eat wild fatty fish such as salmon or sardines at least twice a week.



- Add a slice of avocado to your plate—they are rich in healthy fats.
- Stir-fry green beans in olive oil with garlic and sesame seeds and cook until slightly crispy and still bright green.
- Make pumpkin soup with canned pumpkin, chicken stock, onions and garlic—add ground cumin and coriander for flavoring and garnish with fresh cilantro.
- Stir-fry broccoli and carrots in olive oil with garlic—add red pepper flakes for spice.
- Pack fruit for snacks during the day, add them to your cereal or oatmeal in the morning, or make fruit smoothies.
- Try something new: Pink Lady apples are crispy, juicy and full of flavor; Clementines and Valencia oranges are generally sweet, juicy and delicious.



## Featured Service: Weight & Nutrition Consultation

Talk over needs with a PAS nutrition specialist/dietician. Participants receive an individualized telephonic assessment of their current diet and exercise routine and then establish goals for change. Additionally, participants receive ongoing coaching to provide the support needed to achieve their weight and nutrition goals.

- Establish appropriate and realistic weight goals
- Understand the basics of nutrition and healthy eating
- Develop exercise strategies
- Plan nutrition options to comply with medical recommendations made by your doctor



**A Service of Your EAP**  
**1.800.356.0845**

